

Christian Heno

20 years of teaching

30 years of practice

4th degree Black belt



Fact:

The standard education system is not always adapted to the needs of youth with learning challenges. Failure to succeed at school creates: Avoidance mechanisms, self depreciation, low self esteem inevitably leading students to question their abilities to function in the world.

This program has 9 levels which

Include the study of:

- Martial arts
- Qi gong. Meditation
- Essential Life skills
- Theatrical performance

Each level :

Has 10 one hour semi private or private classes. Instruction, Hands out, Equipment- Certificate of completion, are included.

Benefits:

- Self knowledge through motion.
- Reestablishes psychological and emotional growth,
- Develops awareness of own inner strength.
- Develops social skills such as respecting others and authority.

CONQUER THE DRAGON



FALL PROGRAM STARTING NOW:

MARTIAL ARTS FOR YOUTH WITH LEARNING DISABILITIES

Approved and recognized by

Pr Jack Taunton -UBC sports medicine

The Ministry of Family development .

(Autism funding program)

The Learning disabilities association of BC.

The Self design learning foundation.

778 861 9674

CONFIDENCE

SELF ESTEEM

SELF RELIANCE

